

ABSTRAK

HUBUNGAN ASUPAN LEMAK, SERAT, DAN AKTIVITAS FISIK DENGAN TEKANAN DARAH PADA LANSIA AWAL DI POSYANDU LANSIA PUSKESMAS PURWOKERTO BARAT

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Latar Belakang: Memasuki masa lansia seseorang umumnya mengalami perubahan pola makan yang membuat asupan gizi tidak seimbang dan penurunan aktivitas fisik. Hal ini dapat memicu terjadinya masalah pada tekanan darah. Penelitian ini bertujuan untuk menganalisis hubungan antara asupan lemak, serat, dan aktivitas fisik dengan tekanan darah pada lansia awal.

Metodologi: Penelitian ini merupakan penelitian analitik observasional dengan desain potong lintang. Sampel berjumlah 88 orang diambil menggunakan metode *purposive sampling*. Variabel asupan lemak dan serat diambil dengan *Semi Quantitative-Food Frequency Questionnaire*, tingkat aktivitas fisik menggunakan *International Physical Activity Questionnaire*, dan tekanan darah diukur menggunakan *sphygmomanometer*. Analisis statistik menggunakan uji korelasi *rank spearman*.

Hasil Penelitian: Responden sebagian besar memiliki asupan lemak kurang (40,9%), asupan serat sangat kurang (98,9%), dan aktivitas fisik sedang (48,9%). Hasil analisis statistik didapatkan nilai p antara asupan lemak, serat, dan aktivitas fisik dengan tekanan darah sistolik ($p=0,037$; $p=0,826$; $p=0,710$) dan dengan tekanan darah diastolik ($p=0,030$; $p=0,859$; $p=0,090$).

Kesimpulan: Asupan lemak berhubungan signifikan dengan tekanan darah sistolik dan diastolik, sedangkan asupan serat dan aktivitas fisik tidak berhubungan signifikan dengan tekanan darah sistolik dan diastolik.

Kata kunci: Lemak, Serat, Aktivitas Fisik, Tekanan Darah

ABSTRACT

THE CORRELATION BETWEEN INTAKE OF FAT, DIETARY FIBER, AND PHYSICAL ACTIVITY WITH BLOOD PRESSURE OF EARLY ELDERLY IN INTEGRATED SERVICE POS FOR ELDERLY, WEST PURWOKERTO PUBLIC HEALTH CENTRE

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Background: *Entering the elderly stage, there is a dietary habits change that causes nutrition unbalanced and the decrease of physical activity that may cause a blood pressure problem. This study aim to analyze the correlation of fat and dietary fiber intake, and physical activity with the blood pressure of the early elderly.*

Method: *This was an observational analytic study with cross-sectional approach that involved 88 samples taken by purposive sampling method. Information regarding fat and dietary fiber intake were obtained using Semi-Quantitative Food Frequency Questionnaire, International Physical Activity Questionnaire for physical activity data, and blood pressure was measured using a sphygmomanometer. Statical analysis were used rank spearmen correlation test.*

Result: *Most of respondents had a deficit fat intake (40,9%), a least deficit dietary fiber intake (98,9%), and a moderate level of physical activity (48,9%). Statistics analysis result showed p score between fat and dietary fiber intake, and physical activity with systolic blood pressure were ($p=0,037$; $p=0,826$; $p=0,710$) and diastolic blood pressure were ($p=0,030$; $p=0,859$; $p=0,090$), respectively.*

Conclusion: *There was a significant correlation between fat intake with both systolic and diastolic blood pressure. On the other hand, there was no significant correlation between dietary fiber intake and physical activity with both systolic and diastolic blood pressure.*

Keywords: *Fat, Dietary fiber, Physical activity, Blood pressure*